

## September Activities Timetable

**Full Name:** ..... **Postcode:** .....

Activity Name	Day and Time	Please tick	Venue	Cost (Monthly unless stated)
<b>Pub Clubs</b>	Tuesday 3 <sup>rd</sup> September AM-PM		Churchill Arms Pub, Fordingbridge	Pub classics from £13.50 Brunch/light bites from £4.75 Plus £12 for transport
	Thursday 5 <sup>th</sup> September AM - PM		Seven Stars Pub, Wool	Regular mains from £14.95 Lighter lunches from £10.50 Plus £12 for transport
	Tuesday 10 <sup>th</sup> September AM – PM ( <i>limited spaces – only one bus available</i> )		Stewarts Garden Centre	Light lunches £6 - £14 Plus £12 for transport
	Thursday 12 <sup>th</sup> September AM - PM		The Crown, Bransgore	Set 2 course lunch menu £16.95 Plus £12 for transport
	Thursday 19 <sup>th</sup> September AM-PM		The Green Man Pub, Wimborne	Mains from £8.95 Light bites from £6.00 Plus £12 for transport
	Tuesday 24 <sup>th</sup> September AM-PM		Lynton Court Table Table, Boscombe	Two mains value courses £11.49 Regular mains from £11.69 Lighter option £7.09 Plus £12 for transport
	Thursday 26 <sup>th</sup> September AM-PM		Inn in the Park, Branksome	Regular mains from £15.00 Smaller appetites from £10.00 Plus £12 for transport
<b>Combined Gentle Yoga &amp; Chair Yoga*</b>	Monday 2 <sup>nd</sup> September 1:30pm – 3pm		Moordown Community Centre	£35 for 5 sessions
	Monday 9 <sup>th</sup> September 1:30pm – 3pm			
	Monday 16 <sup>th</sup> September 1:30pm – 3pm			
	Monday 23 <sup>rd</sup> September 1:30pm – 3pm			
	Monday 30 <sup>th</sup> September 1:30pm – 3pm			
<b>Energetic Walking Group</b>	Two Tuesdays – dates TBC, further info upon booking		Various locations – confirmed upon booking	£15 annual
<b>Meet and Eat Club</b>	Tuesday 3 <sup>rd</sup> September 11am – 2:30pm		Braeside Village Hall, St Leonards and St Ives	£52.50 (includes transport)
	Tuesday 10 <sup>th</sup> September 11am – 2:30pm			
	Tuesday 24 <sup>th</sup> September 11am – 2:30pm			

<b>Chair Yoga</b>	Wednesday 4 <sup>th</sup> September 1:15pm-2:15pm		Canford Cliffs Village Hall	£21 for 3 sessions
	Wednesday 4 <sup>th</sup> September 2:45pm – 3:45pm			
	Wednesday 11 <sup>th</sup> September 1:15pm-2:15pm			
	Wednesday 11 <sup>th</sup> September 2:45pm – 3:45pm			
	Wednesday 25 <sup>th</sup> September 1:15pm-2:15pm			
	Wednesday 25 <sup>th</sup> September 2:45pm – 3:45pm			
<b>Gentle Yoga</b>	Friday 6 <sup>th</sup> September 10am – 11:30am		Moordown Community Centre	£21 for 3 sessions
	Friday 13 <sup>th</sup> September 10am – 11:30am			
	Friday 27 <sup>th</sup> September 10am – 11:30am			
<b>Memory Club</b>	Monday 2 <sup>nd</sup> September 10am – 12pm		Poole	£35
	Monday 9 <sup>th</sup> September 10am – 12pm			
	Monday 16 <sup>th</sup> September 10am – 12pm			
	Monday 23 <sup>rd</sup> September 10am – 12pm			
	Monday 30 <sup>th</sup> September 10am – 12pm			
	Monday 2 <sup>nd</sup> September 10am – 12pm		Christchurch	£35
	Monday 9 <sup>th</sup> September 10am – 12pm			
	Monday 16 <sup>th</sup> September 10am – 12pm			
	Monday 23 <sup>rd</sup> September 10am – 12pm			
	Monday 30 <sup>th</sup> September 10am – 12pm			
	Tuesday 3 <sup>rd</sup> September 9:45am - 11:45am		Canford Cliffs	£21
	Tuesday 10 <sup>th</sup> September 9:45am - 11:45am			
	Tuesday 24 <sup>th</sup> September 9:45am - 11:45am			
	Tuesday 3 <sup>rd</sup> September 10am – 12pm		Charminster	£21
	Tuesday 10 <sup>th</sup> September 10am – 12pm			
	Tuesday 24 <sup>th</sup> September 10am – 12pm			
	Tuesday 3 <sup>rd</sup> September 1:30pm – 3:30pm		Wimborne	£21
	Tuesday 10 <sup>th</sup> September 1:30pm – 3:30pm			

<b>Memory Club (cont.)</b>	Tuesday 24 <sup>th</sup> September 1:30pm – 3:30pm		Wimborne	£21
	Wednesday 4 <sup>th</sup> September 10am – 12pm		Ferndown	£28
	Wednesday 11 <sup>th</sup> September 10am – 12pm			
	Wednesday 18 <sup>th</sup> September 10am – 12pm			
	Wednesday 25 <sup>th</sup> September 10am – 12pm			
	Thursday 5 <sup>th</sup> September 1:30pm – 3:30pm		Southbourne	£28
	Thursday 12 <sup>th</sup> September 1:30pm – 3:30pm			
	Thursday 19 <sup>th</sup> September 1:30pm – 3:30pm			
	Thursday 26 <sup>th</sup> September 1:30pm – 3:30pm			

*\*Chair Yoga allows you to perform yoga poses while seated or using a chair for balance. Chair-based yoga offers the same benefits as traditional yoga, like boosting strength, flexibility, and mental well-being.*

**Would you also be interested in any of the following? Please tick all applicable**

- East Dorset activities     Strength and Balance classes     Shopping trips

**Where did you hear about us? Please tick all applicable**

- Social media     Poster     Guide to Services brochure     Website
- Word of mouth     Around Guides Ferndown     The Bournemouth Directory
- Other, please state: .....

**Course Information**

- Course/ outings costs need to be paid a month in advance.
- Please note that the fees for our pubs clubs does not include your meal, this is to be purchased separately.
- Please ensure that you enrol in good time, as places are on a first come, first served basis. Course/ outing fees are to be paid a month in advance, they are non-refundable and non-transferable. In exceptional circumstances fees may be refunded.
- It is your responsibility to phone and book onto our classes/ outings, we can assist you to book on courses/ outings and assist you to pay fees over the phone. Please contact our offices on 01202 530530. Please do not arrive at our venues unless you have booked and paid for classes. Please do not turn up at classes/outings with payments as class facilitators are not able to take payments.
- Unfortunately, our pub clubs are not suitable for those that use walking aids (except walking sticks). Please complete the medical consent form attached.